



## **Women's Therapy Group**

### **\*\*Accepting new members\*\***

The primary focus of this group currently is women experiencing marital issues, which can be very stressful and result in feelings of guilt, shame, rejection, blame, confusion, anxiety and depression. Due to the sensitive nature of the topic it is often difficult to talk to people in your life about such issues, which can result in a feeling of sadness and isolation. This group provides an opportunity for women to give and receive support through a stressful time. While the common factor among the women will be marital issues, including important decisions such as staying in the marriage or separation, subject matter is open to any topic (e.g., stress, anxiety, depression, etc.). As such, this group is meant to help women support one another.

This group is designed to:

- Provide support for everyday stressors related to family, friends, or work.
- Help you deal with balancing work and family responsibilities.
- Help you understand depression, anxiety, and other mental health issues.
- Help you develop improved self-care in your life.
- Help you develop improved communication and other relationship skills.
- Give you an open forum to gain insight, information, and support.
- Give you a safe, neutral, non-judging space to share your feelings, thoughts, and concerns.
- Provide a group experience wherein other women can help you brainstorm for effective problem solving.

### **Come together for support, growth, and learning!**

When: \*Wednesday evenings from 6:30-8pm (**also new times are added based on interest so call or email your interest for another day/time if needed**)

Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham  
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)

Cost: \$80.00 per session (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Please call 919-572-0000 and ask for the Groups Coordinator, or email [officemanager@lepageassociates.com](mailto:officemanager@lepageassociates.com) to schedule a complimentary pre-group meeting.**

**[www.lepageassociates.com](http://www.lepageassociates.com)**

**\*Group meets on a bi-weekly basis (every other Wednesday evening)**